7 April - May, 2016

Leonard Wood Medical Home Ozark Family-Centered Medical Home Richard Wilson Soldier-Centered Medical Home

GLWACH receives Joint Commission Seal of Approval

What is The Joint Commission Gold Seal of Approval*?

Our facility voluntarily underwent a thorough evaluation by The Joint Commission. The goal of the evaluation? To see if our facility meets The Joint Commission's rigorous performance standards in delivering quality, safe care. By meeting these standards, our facility received The Joint Commission Gold Seal of Approval* – an internationally recognized symbol of quality.

The Joint Commission accredits more than 20,500 organizations worldwide and focuses on continually improving health care by setting the highest standards for health care quality throughout the world. In setting the standards, The Joint Commission consults doctors, nurses, and quality and safety experts to review the current standards and make recommendations for improvements.

What does this mean?







Only 26 Days (as of Tuesday, April 12) until GLWACH has a tobacco-free campus!

Diana Rose has never smoked but her father died of lung cancer when he was 61. He smoked three packs-a-day. Doctors diagnosed him and six months later he was gone.

What is accreditation?

Accreditation means that our staff has made an extra effort to review and improve the key areas that can affect the quality and safety of your care.

Accreditation by The Joint Commission is considered the gold standard in health care. Specially trained health care professionals who are experts in their fields visited this facility to conduct a review that monitors how well our staff:

- · provide a safe environment for your care
- educate you about the risks and options for your diagnosis and treatment
- · protect your rights as a patient, including your privacy rights
- evaluate your condition, before, during and after diagnosis and treatment
- · protect you against infection
- · plan for emergency situations





How can I find out more about accreditation?

For more information about Joint Commission accreditation, visit www.jointcommission.org. To find other accredited health care organizations that have received the Gold Seal of Approval*, visit the Quality Check* section of The Joint Commission website or www.qualitycheck.org.

Whenever and wherever you receive health care, look for The Joint Commission Gold Seal of Approval.

The Joint Commission's mission

To continuously improve health care for the public, in collaboration with other stakeholders, by evaluating health care organizations and inspiring them to excel in providing safe and effective care of the highest quality and value.





Can you name these GLWACH leaders who are making the library's grand opening official?





By Capt. Jacob C. Pinion, General Leonard Wood Army Community Hospital



FORT LEONARD WOOD, Mo. -- As the weather gets warmer and mosquito season draws near, it's important to think prevention.

Mosquitoes can be a bothersome pest during backyard barbeques, yard work, or lounging around outside so don't let mosquitoes ruin your ability to enjoy the outdoors this summer.

Since you can prevent mosquitoes from breeding, you can help create a healthier environment to enjoy the outdoors.

Mosquitoes breed in standing water. Some mosquitoes such as the Culex species, which can carry West Nile virus (WNV), lay rafts of eggs on still water in both natural and manmade containers.

"Our on-post residents can significantly reduce the number of mosquitoes in their backyards just by dumping out anything that collects rainwater," said CPT Reema R. Sikka, GLWACH's chief of Preventive Medicine.

The Aedes species, some of which can carry Zika Virus, are capable of breeding in

Pfc. Alexandra Campau, an environmental health technician at General Leonard Wood Army Community hospital, pours water out of a container left outside. Mosquitoes can lay eggs in anything that collects rainwater but emptying these reservoirs reduces the mosquito population. (Photo credit: John Brooks)

less than an ounce of water. Such locations that may accumulate these small amounts of water include gutters, pet water bowls, and non-chlorinated swimming pools.

Take these easy steps to help prevent these pests from breeding in your neighborhood.

- 1. Keep your gutters clean so water doesn't sit stagnant between rains. If you believe your gutters are clogged, contact your maintenance contractor to submit a work order.
 - 2. Feed and water your pets indoors.
 - 3. Empty small outside water reservoirs such as flower pot drainage trays daily.

If you follow these simple tips and educate your neighbors you can prevent mosquitoes from becoming bothersome pests in your neighborhood and enjoy the outdoors with fewer mosquitoes throughout the summer.

April Is Occupational



Therapy Month!



Please Come & Join Us!

- Learn about OT!
- Meet the OT Team!
- There will be fun and prizes!
- Grand prize: For best definition of OT!

When & Where:

Wednesday,
April 20,
GLWACH Main Lobby,
Noon to 4 p.m.

Wednesday,
April 27,
GLWACH Dining Facility,
11:15 a.m. to 1 p.m.



Do you know the difference between Occupational Therapy and Occupational Health?

Maj. (Dr.) Kathleen C. Ryan, Family Medicine Physician

Family Medicine, Leonard Wood Medical Home General Leonard Wood Army Community Hospital

Medical School:

Uniformed Services University of the Health Sciences, Bethesda, Maryland

Internship:

Martin Army Community Hospital, Fort Benning, Georgia

Residency:

Martin Army Community Hospital, Fort Benning, Georgia

Office Location:

General Leonard Wood Army Community Hospital, Leonard Wood Medical Home Primary Care Clinics

Reasons to see Dr. Ryan:

- Skilled in full spectrum of primary care—adult medicine, pediatrics and everything in between
- Excellent procedural skills in vasectomy, biopsy, women's health, and currently serving as the GLWACH Primary Care Pain Specialist
- Served nine years active duty regular Army as a Brigade Surgeon, Warrior Transition Unit Surgeon, and in several clinical leadership roles
- Understands unique needs of military members and families



Maj. (Dr.) Kathleen C. Ryan Family Medicine, LWMH General Leonard Wood Army Community Hospital

What do you like most about your job?

Dr. Ryan: "I love to educate my patients so that they know as much as I know. Knowledge is power and I love to give my patients control over their own health and wellbeing. I love that my job is a challenge. And what greater investment is there than human well being? Each of us has the potential to make this world a better place but it becomes very difficult to do so when one is chronically sick or in pain. Believe it or not, I did not choose pain management, but rather it chose me. I first encountered it as a college student working a summer job in an addiction treatment hospital where I faced many people who had

call to make an appointment: 866-596-4234

addiction as a consequence of chronic pain issues. Decades later, I was assigned as a Warrior Transition Battalion Surgeon, where I had the opportunity to work with Soldiers on their various pain issues, combat-related and otherwise. And now I can say that it has been a privilege to take this position as the GLWACH Primary Care Pain Provider. I am honored to meet and care for my patients, many of whom struggle intensely, and my heart goes out to each and every one of them."

Where did you grow up?

Dr. Ryan: "Murrysville, Pennsylvania, just outside of Pittsburgh—and I am a Penn State grad. Haven't lived there in decades. I have lived in Washington D.C., Fort Benning Georgia, Fort Riley Kansas, and pre-Army, in Ireland and Spain."

Why did you choose to come to Fort Leonard Wood?

Dr. Ryan: "I have a family, and I am surrounded by rough and tumble boys who love the outdoors, including the dog, the cat, and the horses. And I love the seasons. Even winter. It's a reminder that there is always change."

Valuable base for TBI study at Fort Leonard Wood





FORT LEONARD WOOD, Mo. -- Scores of Traumatic Brain Injury professionals travelled to Fort Leonard Wood for two days of collaboration during the Traumatic Brain Injury Summit held here April 1.

"These researchers and clinicians all seek to build an infrastructure for TBI-related research to occur--and this is happening right here on Fort Leonard Wood," said Dr. Thomas A. Van Dillen, General Leonard Wood Army Community Hospital's former chief of TBI & Neuropsychology.

"Concussion management is a big deal," Van Dillen said. "The vision of the General Leonard Wood Army Community Hospital Commander, Col. Peter Nielsen, is something that's really coming together. People are starting to see Fort Leonard Wood as a valuable base for TBI study."

X2 Biosystems, a Seattle Washington-based company that develops head injury monitoring systems, is a member of Fort Leonard Wood's own Research and Clinical Care Consortium, known as "RC3." The consortium is working to develop impact sensors to actively measure and report, in real time, the impact levels of forces sustained during training and military operations that can result in TBI, Van Dillen said.

"It's a big deal because we're going to be studying TBI for years to come and there's going to be a lot of data collected from that here," Van Dillen said. "This base



Thomas A. Van Dillen, Ph.D., Clinical Neuropsychologist, Traumatologist, and Chief of General Leonard Wood Army Community Hospital's Traumatic Brain Injury Program, discusses the value and advantages of TBI study at Fort Leonard Wood. (Photo credit John Brooks)

represents a lot to researchers not only because they're able to study those who suffer the effects of concussion here, but because of the progressive procedures and methods of TBI study under development here by RC3."

"Our population is a much desired population for the study of concussion for many reasons," Van Dillen said. "This is a training installation where

training involves breaching exercises and explosive ordinances, for example. We have the direct opportunity--to indirectly decrease--through study--the impact of future concussive injuries and improve the lives of those who suffer these injuries.

"This age group here and the clinical care conducted for this age group is most desired for study and helps us advance procedures and methods of study. So, this is a highly sought-after environment for these reasons. This science is of interest not only to people in the military, but also in the Government, civilian enterprise and academia at all levels," Van Dillen said.

Meleena Littlejohn B.S., Health Promotion Technician

Army Wellness Center

General Leonard Wood Army Community Hospital

Education:

- Bachelors Social Science with Minor in Sociology from Troy University, Troy, AL
- Masters of Science in Sports & Fitness Management from Troy
- University, Troy, AL (currently pursuing)

Certifications:

- Aerobics & Fitness Association of America Certified Personal Trainer
- AFAA Diet Free Life Nutrition Coach
- TRX RIP Trainer Instructor (lever bar/resistance cord fitness device)
- Group Fitness Instructor
- Tabata Bootcamp Instructor
- Cardio Pulmonary Resuscitation Instructor

Previous Experience:

- Personal trainer and group fitness instructor for four years at MWR
- Served as Program Manager, MWR Fitness & Personal Training deptartment
- Organized many fitness events on Fort Leonard Wood including the 107-participant "Lose to Win Weight Loss Challenge"



Meleena Littlejohn
Army Wellness Center
General Leonard Wood Army Community Hospital

Office Location:

Army Wellness Center, Fort Leonard Wood, 199 E. 4th Street, Building 2081, Fort Leonard Wood, Missouri

Reasons to visit the AWC:

- Premier health and wellness programs for individuals to live healthy, sustainable lifestyles
- Accurate analysis of body composition, metabolism and fitness
- Highly trained and experienced wellness professionals dedicated to supporting and providing the best comprehensive care plans for clients

What do you like most about your job?

Mrs. Littlejohn: "The ability to help others achieve their wellness goals and feel better about themselves is why this line of work is so rewarding to me. I LOVE WHAT I DO! I love to learn new things and being in the Fitness/Wellness field allows me to broaden my education because of it's ever changing and new innovative technology and practices."

Where did you grow up?

Mrs. Littlejohn: "I grew up in the most southern part of Alabama in a city named Mobile. I have not lived there in many years and I really miss the southern culture there. I also love animals and have a beautiful white Pomeranian named Sugar that I believe understands me better than my children do at certain times!"

How do you spend your time when you're not working?

Mrs. Littlejohn: "First and foremost, I am a wife and mother. My children are very active in sports such as soccer and basketball as well as the Young Marines Program here on Fort Leonard Wood. I am an NPC Physique Bodybuilding Competitor and recently placed in each of my three competition categories which qualified me to compete in Nationals during the summer of 2016. I love working out and improving my total wellness daily. I am constantly researching the latest fitness and nutrition trends to better educate myself and my clients. I am always striving to be better than the person I was yesterday. I also love to dance and enjoy life to the fullest. I never go a day without smiling."





The Healthcare Consortium meeting is **YOUR** monthly chance to affect positive change by talking directly to the Hospital Commander and his deputies!

<u>We want and need your feedback!</u> Everyone is invited to attend the Healthcare Consortium meeting.

This meeting is held every second Tuesday of each month at 2:30 p.m. in the hospital's MEDDAC Classroom, located in the south west corner on the hospital's main floor.

The Healthcare Consortium serves as a consumer advocate board in which the unit and community representatives have direct feedback to the Hospital Commander, Col. (Dr.) Peter Nielsen and his staff, concerning the type and quality of care provided at the General Leonard Wood Army Community Hospital.

It is a forum for beneficiaries to provide input to healthcare delivery policy and to promote communication between the medical treatment facility and its beneficiaries.

Col. Nielsen also speaks and answers questions at the installation Community Information Forum meeting, which is the post's monthly town-hall-type community information meeting held at the Pershing Community Center on the last Tuesday of each month at 10:30 a.m.

If you can provide input to healthcare delivery policy or process improvements, please consider attending these meetings. Hope to see you there!



Are you ready to Quit Tobacco?

It's never too late to take control of your health, and this is the perfect time to declare your freedom from Tobacco use.

What's next?

Call the Public Health Nursing Clinic to get scheduled for Tobacco Cessation Class. Classes are offered 9-11 a.m. every 1st & 3rd Tuesdays of each month starting May 3, 2016. Our team of nurses will partner with you to offer counseling and support along your journey. You will also have an opportunity to meet with the Pharmacist to discuss medication assistance. Call (573)596-0518 or 596-0491 to schedule now!

Capt. (Dr.) Norman J. Arbelo-Cruz, MD

Diagnostic Radiology Department

General Leonard Wood Army Community Hospital

Medical School:

University of Puerto Rico, Medical Sciences Campus, San Juan, Puerto Rico

Internship:

Brooke Army Medical Center, Fort Sam Houston, Texas

Residency:

Brooke Army Medical Center, Fort Sam Houston, Texas

Office Location:

General Leonard Wood Army Community Hospital Radiology

Reasons to see Dr. Arbelo-Cruz:

- Nine years of medical training and recently graduated from the only DoD Level 1 trauma center
- Special interest in Musculoskeletal Radiology and women's imaging
- •Fully bilingual in Spanish
- Understands unique needs of military members and families

What do you like most about your job?

Dr. Arbelo-Cruz: "Serving Soldiers and their families is inherently rewarding—having the ability to help heal those who fight to keep us safe. The

interaction I have with all other medical specialties in continuing patient medical care is very wide and quite interesting to me. Radiologists are practically involved on all levels of patient care from prevention such as breast imaging, diagnosis as in evaluating fractures in the Emergency Room, therapeutic procedures such as steroid injections, and oncologic evaluation. As we see patients from most every area of medicine, opportunities for acquiring more and more knowledge about the human body are endless. If you enjoy soaking up information like a sponge, you may have a future in Radiology!"

Accepting

New Patients

Capt. (Dr.) Norman J. Arbelo-Cruz Diagnostic Radiologist General Leonard Wood Army Community Hospital



Where did you grow up?

Dr. Arbelo-Cruz: "I grew up in Quebradillas, Puerto Rico, located on the northwest side of the island. Puerto Rico is a beautiful, magical place. The weather is almost perfect year round. If it weren't for those pesky hurricanes, Puerto Rico would truly be paradise on earth. And the food... Puerto Rican food is absolutely amazing!"

Why did you choose to come to Fort Leonard Wood?

Dr. Arbelo-Cruz: "This unique hospital offers a complex and wide array of radiological services ranging from Nuclear Medicine, fluoroscopy, ultrasound, to computed tomography and magnetic resonance imaging which places it in a competitive and advantageous position to neighboring hospitals—and unique to Army Medicine. We recently received one of most advanced CT scanners in the state of Missouri—and the most advanced machine of its kind in the world. Exciting news for all of us in the radiology department—and a technology which will allow us to better diagnose and provide treatment for our patients."

How do you spend your time when you're not working?

Dr. Arbelo-Cruz: "I spend most of my free time with my family exploring the local areas around Fort Leonard Wood. The vistas and hardwood forests of Missouri provide endless opportunity for adventuring and photography. At home I keep myself busy working in the garden and listening to music on a new sound system that I just built. Technology is so amazing these days and with the Internet it is relatively easy to take up new and interesting hobbies like this. Music is a passion of mine and today's technology allows for perfect, flawless sound."



FORT LEONARD WOOD, Mo. - Veterans assigned to all five Missouri Veterans Administration Medical Centers and hospitals may now receive specialty care at General Leonard Wood Army Community Hospital according to an agreement signed Wednesday, Jan. 27.

"The highly successful partnership with Harry S. Truman Memorial Veterans Hospital signed Sept. 8, 2014 led in large part to these new partnerships with the Kansas City VA Medical Center, the John J. Pershing VA Hospital in Poplar Bluff, and both the Jefferson Barracks and John Cochran Divisions of the VA St. Louis Health Care System," said John Ingersoll, GLWACH's chief of Clinical Operations.

Signed DoD-VA agreements between with GLWACH and VA medical facilities allow VA primary care teams to authorize Veterans located within their facility's catchment area to receive specialty inpatient and outpatient services at GLWACH.

Specialty inpatient and outpatient services available at GLWACH for Veterans include inpatient care such as medical/surgical, intensive care and acute psychiatric care. Outpatient services include Obstetrics and Gynecology, Optometry, Ophthalmology, Otolaryngology (ear, nose and throat), Orthopedics, Physical and Occupational Therapy Rehabilitation, Cardiology, and robust radiology and laboratory services, said Ingersoll.

Veterans interested in receiving care at GLWACH should contact their VA primary care teams. VA primary care teams are the approval authorities for specialty inpatient and outpatient services for Veterans who live within their VA facility's catchment areas according to the agreements.

"The agreements encourage increased use of the Fort Leonard Wood Health Readiness Platform," said Ingersoll. "Increased use enhances the clinical skills needed on the battlefield for GLWACH staff and its deployable medical team."



Veterans interested in receiving care at GLWACH should contact their VA primary care teams. VA primary care teams are the approval authorities for specialty inpatient and outpatient services for Veterans who live within their VA facility's catchment areas according to the agree-

To date, GLWACH has provided care to Veterans in the form of 1007 referrals for care here, 700 outpatient visits, 59 outpatient procedures, 51 admissions, and two babies delivered to Veterans here as a result of partnership with Truman VA.

"While primary care enrollment is fundamental, our goal is to fully engage the hospital's capability and capacity, including specialty and inpatient services, to effectively improve the health of all beneficiaries," said Col. Peter Nielsen, GLWACH commander.

Army Medicine's "2020 plan" goals include creating capacity, improving the Army's System for Health, influencing overall health, and making Army Medicine a strategic enabler for the Army of the future.

"So, through working hard to maximize our efficiency, identify and launch new process improvements, and invest in our service lines, we're able to provide closer, more convenient care for VA patients and savings to taxpayers as well as improve care for all beneficiaries" Ingersoll said.



ASBP April Blood Drive!

Save lives when General Leonard Wood Army Community Hospital and Balfour Beatty Communities host Armed Services Blood Program blood drives.

General Leonard Wood Army Community Hospital's ASBP drives take place each month at the hospital's MEDDAC Classroom on the first floor. ASBP drives take place monthly at the Balfour Beatty Community's Stonegate Community Center, 235 Ellis Street on Fort Leonard Wood.

Both drives are open to everyone 17 years old and older – military or civilian. Everyone who comes out to donate will receive a free ASBP t-shirt along with some juice and cookies.



The Armed Services Blood Program is the official blood collection agency for the Department of Defense. Collected blood goes directly to medical facilities in Afghanistan and other Overseas Contingency areas around the world and to military hospitals throughout the Department of Defense. The military healthcare system requires about 400 units of blood every day. It's the ASBP's mission to ensure that blood is available, but we can't do that without volunteer donors like you. So, if you have your health, celebrate it by giving blood to those who help protect our freedom every day.

Potential blood donors must weigh at least 110 pounds and be at least 17 years old and feeling well

for the last three days; be well hydrated; and have eaten something before donating. Those wanting to donate should bring a list of medications they're taking, a list of foreign countries traveled to -- be sure to include when, where and for how long -- and a photo ID (military ID, driver's license, etc.).

For more information about these two blood drives or the Fort Leonard Wood Blood Donor Center, call Carl Norman at (573) 596-5385. For more information about the ASBP visit www.militaryblood.dod.mil.

Blood collected by the ASBP goes directly to medical facilities in Afghanistan and other Overseas Contingency areas around the world and to military hospitals throughout the Department of Defense.



Dispose of unwanted medications with Main Pharmacy's "medsafe"

GLWACHPharmacy

Accepted Items

- Prescription Medications
- Controlled Substance Medication
- Over-The-Counter Medications
- Vitamins
- Medicated Lotions/ Ointments
- Liquid in Leak-Proof Containers
- Transdermal Skin Patches



Items Not Accepted

- Needles (Sharps)
- Thermometers
- Contraband Drugs
- Infectious, Medical or Business Waste
- Personal Care Products
- Hydrogen Peroxide
- Aerosol Cans or Inhalers



Where can you find hospital news and info?

facebook.com/GLWACH

Facebook!

Facebook remains the best place to find recent hospital news and information—all in one place—simply because it can display all types of products (video, text, audio, photos and graphics).

Hospital website:

Visit http://glwach.amedd.army.mil.

Newspaper:

Check The Guidon and other local newspapers for our locally written articles.

Radio:

Several timely topic discussions are broadcast each month on 1390 AM, 97.9 FM and 102.3 FM.

Video Loop:

Our hospital video loop can be seen in our waiting rooms, at the Maneuver Support Center of Excellence, on the installation's internal cable channel 59, and video segments are also on our Facebook page.

Ambassador Program:

Army Medicine's new Ambassador Program identifies Army Medicine Subject Matter Experts here who possess a unique knowledge and desire to share their expertise with others.

If you'd like an Army Medicine SME—an "Ambassador"—to speak to a group you represent, please contact John Brooks, hospital Ambassador Program manager, at 573-596-0131, ext. 6-9632 or via email at john.d.brooks12.civ@mail.mil.



How do I contact...

Quick help reference:

- TRICARE Nurse Advice Line (24/7/365): 1-800-TRICARE (874-2273), option 1
- Appointment Line: 1-866-299-4234, open 7 a.m. to 4:30 p.m., M-F
- Visit our Guest and Healthcare Relations Contact Representatives located in room 123 near the information desk: 573-596-7414
- Enroll for healthcare at GLWACH: 1-877-988-WEST (988-9378)
- TRICARE Online http://tricareonline.com and
 - ⇒ Book an appointment online with your PCM using "calendar view"
 - ⇒ Order prescription refills online
 - ⇒ Online Lab and biopsy test results
- RelayHealth: https://app.relayhealth.com
 - ⇒ Use Secure Messaging to communicate with your PCM
- Call the Western Region UHC toll-free at 1-877-988-WEST (1-877-988-9378)
- Visit http://glwach.amedd.army.mil for recent local and worldwide Army Medicine news and information







Sign up for RelayHealth!

The secure messaging system, also known as "RelayHealth," is a powerful tool for us to expand patient care for you here at General Leonard Wood Army Community Hospital.

Sign up for RelayHealth: https://app.relayhealth.com

As a patient, you can be physically present with a valid photo ID to sign up for RelayHealth at any Army Medical Home clinic front desk, or call (573) 596-1765/1600.

If you are a DoD Common Access Card (CAC) holder eligible for services at GLWACH, you may send an encrypted and digitally signed email to adam.s.takayama.mil@mail.mil requesting a RelayHealth account with your Primary Care Manager (PCM).

What you need to know about RelayHealth:

Once enrolled you will receive an invitation in your email inbox (check your email junk folder—sometimes email filters are not as smart as we would like).

After responding to the email, you can use RelayHealth almost as if you have access to an electronic health clinic.

Using RelayHealth, you access YOUR OWN Army Medical Home team and PCM assigned to a General Leonard Wood Army Community Hospital Medical Home facility, not some contracted service team you have never met.

Access is expanding soon to more than just access to our primary care clinics here. Some ancillary services such as Nutrition, Radiology, OB/GYN, the Lab, and others will be available to you through RelayHealth soon.

RelayHealth decreases your need to make routine appointments. You can schedule Wellness Checks from the comfort of your home, for example. You can also access RelayHealth anywhere, anytime, with your smart phone.

RelayHealth is a great time saver for you. Please consider taking full advantage of it!

If you have already initiated a RelayHealth account online and are experiencing difficulties accessing services, please visit your Army Medical Home front desk clerks for assistance—and be sure to bring your Government ID. Your care team is looking forward to assisting you in expanding your access to the outstanding care we provide.



Visit our Facebook page for recent GLWACH news!

Visit your favorite smart phone app site and download a QR code reader—then all you have to do is take a photo of any QR code and your phone will open its browser with the website represented by the QR code. Oh—that's how it works! :-D



1st Lt. Jake Pinion, B.S.

Chief of Environmental Health

General Leonard Wood Army Community Hospital

Education:

University of Dubuque Bachelors of Science in Environmental Science

Previous Experience:

- Various research projects with the Iowa Department of Natural Resources
- Four years Active Duty with Air Force Security Forces

Office Location:

General Leonard Wood Army Community Hospital, room 124

Services Provided:

- Field Sanitation Team training
- Food Handlers Course training
- Medical threat briefings
- Sanitary inspections of all installation dining facilities/eateries
- Sanitary inspections of all child and youth services facilities, to include food preparation areas
- Sanitary inspections of all training areas and ranges (annual and as needed/ requested)
- Pest surveys on all training areas prior to spraying of insecticides
- Recreational water testing
- Drinking water testing

What do you like most about your job?

1st Lt. Pinion: "I enjoy working with the community to ensure our Soldiers and civilians are able to live in a healthy environment where they don't have to worry that the food they eat or the pool they swim in on post are going to make them sick. My top priority is to make recommendations that will benefit the entire community and mitigate risks associated with environmental hazards to a miniscule level."

Where did you grow up?

1st Lt. Pinion: "I grew up in Andrew, Iowa, a small town near the Mississippi river in eastern Iowa. I worked on my neighbor's farm growing up and enjoyed trekking through the woods to the nearest trout stream as a kid. This is how I gained my appreciation for science and nature."

Why did you choose to come to Fort Leonard Wood?

1st Lt. Pinion: "I was enlisted in the Air Force and spent four years at Whiteman Air Force Base, Missouri. When I left active duty I discovered that small town Missouri life is hard to beat. That's why Fort Leonard Wood was my first choice for a duty assignment when I chose to come back on active duty in the Army."

How do you spend your time when you're not working?

1st Lt. Pinion: "Spending time with my wife and children is my passion. We currently have five kids and a young golden retriever in our household. I enjoy taking the family fishing on local Missouri rivers, lakes and ponds. I also enjoy archery and dream about having a freezer full of venison each year."

How can someone request services provided by Environmental Health?

1st Lt. Pinion: "From the hospital homepage (http://glwach.amedd.army.mil) select "Environmental Health" from the "Clinics" drop down menu. The services we provide are located there and the forms to request these services are easy to fill out. Make sure you leave good contact information so we can get back with you."



Accepting

New Service

1st Lt. Jake Pinion
Chief of Environmental Health
General Leonard Wood Army Community Hospital

